

MOVE IT!

**FOR YOUR BODY
FOR YOUR HEALTH
FOR YOUR SELF**

Affordable, Flexible, Convenient! Time to MOVE IT with our easy quarterly fitness pass. No more individual class registrations and associated fees! With the purchase of the MOVE IT quarterly pass, take unlimited number and combination of fitness classes that your schedule allows. One registration, ultimate flexibility. Simply present your pass at class. It's easy, it's affordable, so what are you waiting for? MOVE IT!

Body Sculpting

Does your body need toning or shaping? Want to add some curves and definition in all the right spots? This 45-minute class could give you a new look without the chisel. We start with a 10-minute aerobic warm up, then move on to exercise for the upper body, abdominal, glutes, and legs. Exercise to music, and end with feel-good stretches. Weights will be discussed at first class.

Circuit Training

Aerobics + Strength Training = Great Results! Use the step, hand weights, rubber tubing, and aerobics in timed intervals to build strength and endurance. Our students report it's their favorite class! Bring hand weights and a mat to class.

Dance Aerobics

Do you have the urge to go dancing but no interest in nightclubs? Well, this is the class for you! Here is your chance to get fit while learning moves you've always wanted to try, from hip hop to the cha cha. Whether you're a pro athlete or beginner, this class is guaranteed fun and a great cardio workout. So, stop dancing alone in your living room. Come join the party and get your groove on. Let's dance!

Long and Lean

There is nothing like the look of long lean muscles. Using a combination of standing BARRE techniques, ball training and weight bearing exercises, your body will get that long lean look while reducing the risk of injury. Focusing on muscle isolation, tension and balance we will create that elegant look of a dancer's physique.

Low-Impact Aerobics

Start your day out right. This class is designed for people of all ages and fitness levels. Come join the fun fat burning, muscle toning, keep-it-moving class! Please bring a mat and large towel to class for floor work. Good for all ages.

Power Hour

This is the opportunity to change your workout! Using interval training, you'll move from cardio to weight bearing exercise. Your strength and endurance will be tested with isometric, plyometric, Pilates and yoga stretches. This class will transform the way you look and feel. The routine is always changing, which maximizes fat burning and body sculpting that you'll be seeing in no time! Get pro-active about your workout and break away from your regular routine with the Power Hour!

Fit & Flex **NEW!**

Fitness and flexibility go hand in hand. Longer muscles become stronger and less likely to injure. Maximize your workout results and keep your body injury free! Start with specialized strength and core conditioning techniques from Pilates, Yoga, Barre, Physical Therapy and more. Then focus on flexibility, symmetry and balance to optimize your results. A relaxing cool down completes your workout and leaves you refreshed. Please bring weights and a mat to class.

North Kirkland Community Center

12421 103rd Ave NE, Kirkland WA

425.587.3350

/// Jane's early morning workout classes offer total body workout with strength, stretch, and aerobic exercise. A variety of music, alternative options, enthusiasm, friendship, and the rest of the morning free! /// — Christi W.



**STILL MORE AFFORDABLE THAN
YOUR LOCAL FITNESS CLUB!**

SPRING 2014

All classes on this page included with your
Move It! Pass: Resident \$83 / Non-Resident \$100
To register use class #42550

Vinyasa Yoga

This is a fun active flow class that will leave you feeling rejuvenated and relaxed. It is a series of postures where you learn to sync movement with your breath. You will increase your flexibility, build strength and improve your balance. All ages and levels welcome, as this style encourages students to work at their own level of fitness.

Strength and Stretch

Strengthen and tone muscles, improve your bone density to help fight osteoporosis and add flexibility to your entire body. All this and it's fun to boot! All ages welcome. Please bring mats and a large towel. Expect to see improvement within a few weeks.

Total Body Conditioning

A cardio and strength conditioning total body workout that incorporates hand held weights, resistance bands, body weight and more! You'll work up a sweat in this class and finish with a relaxing cool down and stretch.

Zumba®

Join us on Monday and Thursday evenings and Saturday mornings. Zumba® is a fun, dance and rhythms exercise class using mostly Latin music. Sizzling, toe, tapping, hip swiveling music makes you want to get up and move.

Zumba® Step **NEW!**

Take lower body workouts and calorie burning to new heights with Zumba® Step, the newest Zumba® dance-exercise class. Tone and strengthen glutes and legs with a gravity-defying blend of Zumba® routines, sizzling Latin music and step aerobics. Enjoy maximum results without losing the easy-to-follow fitness-party!

MORNING CLASSES

10 weeks // March 31–June 7 // No class May 24–26

DAY	CLASS NAME	TIME	INSTR.
Mon	Power Hour	9:15–10:15am	Joleen
Tue	Strength & Stretch	8:00–9:00am	Jane
Wed	Strength & Stretch	8:00–9:00am	Jane
Wed	Power Hour	9:15–10:15am	Charlene
Thur	Strength & Stretch	8:00–9:00am	Jane
Fri	Low Impact Aerobics	8:00–9:00am	Charlene
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

EVENING CLASSES

10 weeks // March 31–June 7 // No class May 24–26

DAY	CLASS NAME	TIME	INSTR.
Mon	Zumba	5:30–6:15pm	Sandi
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Fit & Flex NEW!	7:25–8:15pm	Joleen
Tue	Body Sculpting	5:30–6:15pm	Sandra
Tue	Dance Aerobics	6:20–7:10pm	Laura
Wed	Circuit Training	6:30–7:20pm	Joleen
Wed	Vinyasa Yoga	7:30–8:30pm	Chris
Thur	Body Sculpting	5:30–6:15pm	Sandi
Thur	Long and Lean	6:20–7:10pm	Laura
Thur	Zumba	7:15–8:15pm	April

/// Ages 16 through adult /// Passes are available at any time during the quarter at full price /// A Personal Wellness Survey must be completed by all participants before working out /// PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE /// It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising /// Call Recreation Hotline 425.587.3335 if class cancellation is in question

MOVE IT! SUMMER 2014

All classes on this page included with your
Move It! Pass: Resident \$90 / Non-Resident \$108
To register use class #42551

MORNING CLASSES

11 weeks // June 9–Aug 23 // No class July 4

DAY	CLASS NAME	TIME	INSTR.
Mon	Power Hour	9:15–10:15am	Joleen
Tue	Strength & Stretch	8:00–9:00am	Jane
Wed	Strength & Stretch	8:00–9:00am	Jane
Wed	Power Hour	9:15–10:15am	Charlene
Thur	Strength & Stretch	8:00–9:00am	Jane
Fri	Low Impact Aerobics	8:00–9:00am	Charlene
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

EVENING CLASSES

11 weeks // June 9–Aug 23 // No class July 4

DAY	CLASS NAME	TIME	INSTR.
Mon	Zumba	5:30–6:15pm	Sandi
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Fit & Flex	7:25–8:15pm	Joleen
Tue	Body Sculpting	5:30–6:15pm	Sandra
Tue	Dance Aerobics	6:20–7:10pm	Laura
Wed	Zumba® Step NEW!	5:30–6:15pm	Joleen
Wed	Circuit Training	6:30–7:20pm	Joleen
Wed	Vinyasa Yoga	7:30–8:30pm	Chris
Thur	Body Sculpting	5:30–6:15pm	Sandi
Thur	Long and Lean	6:20–7:10pm	Laura
Thur	Zumba	7:15–8:15pm	April

/// Ages 16 through adult /// Passes are available at any time during the quarter at full price /// A Personal Wellness Survey must be completed by all participants before working out /// PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE /// It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising /// Call Recreation Hotline 425.587.3335 if class cancellation is in question



Run For Your Life!

Have you thought of doing a 5k and don't know where to start? Have you tried to train on your own and lacked motivation? Do you walk regularly and are now ready to start adding running to your workout? This 9-week running class starts out slowly and gives you time to work up to running 5k. Classes begin with a warm-up of a brisk walk followed by a run/walk session. Each class will end with a tip session on informative topics such as nutrition, injury prevention, form, stretching and mental preparation.

Instructor: Melissa Graham (Marathon Maniac!)
Location: Heritage Hall 203 Market St. Kirkland

10 weeks • Resident \$99 / Non-Resident \$119

Thur 6:30–7:30pm Apr 24–June 26 42295

**KIRKLAND
KIDS
TRIATHLON**
SEPTEMBER 13, 2014
AGES 3 TO 12 YEARS
SWIM. BIKE. RUN.
@ JUANITA BEACH
SEE PAGE 47

Exercise & Fitness

Prenatal Yoga

Prenatal yoga brings sensitive focus and gentle attention to the mother-to-be through breathing, relaxation, strengthening and stabilizing; helping to instill a feeling of trust in one's own inner wisdom during this time of change. The program, conducted in a calm, peaceful environment will help strengthen the uterus and pelvic muscles, improve circulation, aid in digestion, exercise the spine, improve posture and breathing and increase overall comfort. No prior yoga experience is necessary. Prenatal Yoga is safe to take throughout your pregnancy, it is best for beginners (with no prior yoga experience) to start a series at 3 months and can continue until giving birth.

Phyllis Moses is a Certified Viniyoga instructor (RYT-500), and Yoga Therapist, with a focus in prenatal yoga and has over 20 years' experience teaching.

*Location: PKCC • 6 classes • No class 4/10
Resident \$90 / Non-Resident \$108*

Thur	5–6:15pm	Apr 3–May 15	41777
Thur	5–6:15pm	May 22–June 26	41778
Thur	5–6:15pm	July 3–Aug 7	41779

Yoga Fun for Everyone

You have heard about the benefits of yoga... here's your chance to begin in a relaxed environment. Join this six week class and increase your flexibility, strength, balance and stamina. Sally Rodich, will teach you to broaden your knowledge of the practice and take yoga seriously while still having fun. End each class with a 10 minute relaxation to soothe your mind and relieve stress. All levels welcome. This class likes to laugh and have fun!

Location: PKCC

*6 classes No class 4/16, 5/26
Resident \$60 / Non-Resident \$72*

Wed	5:30–6:45pm	Apr 2–May 14	41781
Mon	5:30–6:30pm	Apr 21–June 2	41782
Wed	5:30–6:45pm	May 21–June 25	41784
Mon	5:30–6:30pm	June 9–July 14	41783
Wed	5:30–6:45pm	July 2–Aug 6	41785

4 classes Resident \$40 / Non-Resident \$48

Mon	5:30–6:30pm	July 21–Aug 11	41786
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See page 71 for more
Daytime Yoga classes!

Women's Self Defense @ NKCC

Ever have an encounter that makes the hair on the back of your neck stand up? Learn the 3 most crucial self-defense lessons: recognizing when someone's planning an assault, how to use body language and your voice to interrupt an intended assault, and simple, effective physical skills to disable an attacker. In a single session you'll learn about real risks, assailant tricks, crucial targets, how to create an impact, and releases from the most common grabs. A great class to take with a friend!

*Bring a light lunch or snack, and a water bottle
Instructor: Joann Factor • Location: NKCC
Resident \$107 / Non-Resident \$127*

Sat	11am–4pm	June 28	42294
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Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

*Wear athletic shoes • Location: PKCC
Instructor: Joan Wilde*

Tuesdays 4 classes • Resident \$35 / Non-Resident \$42

Tue	10:30–11:30am	Apr 8–29	41643
Tue	10:30–11:30am	May 6–27	41644

*Thursdays 4 classes • No class 5/22
Resident \$35 / Non-Resident \$42*

Thur	10:30–11:30am	Apr 3–24	41645
Thur	10:30–11:30am	May 1–29	41646
Thur	10:30–11:30am	June 5–26	41647
Thur	10:30–11:30am	July 3–24	41659

Thursdays 3 classes • Resident \$26 / Non-Resident \$31

Thur	10:30–11:30am	July 31–Aug 14	41653
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For a body transformation try "Shimmy & Shake"!

Beginning Belly Dance
See page 57

